

The Resilient Library Newsletter

PLEASE NOTE:

Many of the images and underlined text in this newsletter have [hyperlinks](#) to their corresponding websites.

Press [Click](#) or [Ctrl+click](#) on images and underlined text to be directed to those websites.

Inside this issue:

BMI Calculator	2
Random Acts of Kindness Day	3
COVID-19	3
Book Spotlight	4
A Little Bit Techie	5
Keep Moving	6
To Your Health	7
About This Newsletter	8

February 14, 2021

Volume 5, Issue 2

Why Adding on a Few Pounds as You Age Might Be Good for You

By Denise Mann HealthDay Reporter

Putting on a few extra pounds in your 50s may add years to your life — *if* you start off at a normal weight and your weight gain doesn't tip into obesity, a new study suggests.

But two outside experts cautioned that the findings are not a license to pack on the pounds, as study participants who started off obese and continued to gain weight over the years were actually least likely to survive into old age.

"If you are already heavy, getting heavier isn't going to help, it will harm you," said Dr. Ann Rogers, who reviewed the findings. She's director of the surgical weight loss program at Penn State Health Milton S. Hershey Medical Center.

For the new study, researchers looked at data from two generations of participants in the Framingham Heart Study, which began in 1948. They were grouped into categories based on their weight gain over the years. The study focused on body mass index (BMI), a measure of body fat based on height



and weight, between ages 31 and 80.

Folks who started out at normal weight (BMI: 18.5 to 24.9) but gradually gained with advancing age lived longer than their counterparts who maintained their younger normal weight throughout their life span, the study found.

"For people with normal weight in early adulthood, moderate weight gain into overweight in later adulthood is associated with lower [death] risks compared to those who remain in the range of normal weight over the course of adulthood," said study lead author Hui Zheng, an associate professor of sociology at Ohio State University.

People who are overweight or obese in

early adulthood and gain weight have the highest risk of dying early, he said.

But “modest extra body weight in old age, including lean tissue mass and fat mass, might provide protection against nutritional and energy deficiencies, metabolic stresses, the development of wasting and frailty, and loss of muscle and bone density caused by chronic diseases such as heart failure,” Zheng said.

Younger Americans are becoming obese earlier than their parents — and this is concerning, he said.

“The percentage of deaths caused by obesity has increased because the prevalence of unhealthy weight trajectories has increased,” Zheng said. The findings were recently published online in the *Annals of Epidemiology*. Rogers said the protective effect of

some extra weight dates back to caveman days.

“You needed extra padding because if you got left behind by the herd, you needed enough fat stores to survive,” she said. “Caveman days are over, but an old lady who only takes tea and toast may have a normal BMI, yet she is likely frail with low muscle mass and may be less likely to survive as a result.”

Dr. Scott Kahan, director of the National Center for Weight and Wellness in Washington, D.C., summed it all up succinctly.

“A lot of weight gain is unhealthy, but a little weight gain in an otherwise healthy life is perfectly fine,” he said.

So how can you tell if you’re putting on too much weight?

“If you are gaining too much weight, your cholesterol, blood pressure and blood sugar are likely going up, and that suggests it may be too much weight gain,” said Kahan, who wasn’t part of the study.

It’s also how you feel.

“If your back and knees are hurting all the time and you are limited in what you can do because your weight weighs you down, that’s another indication that weight loss may be helpful,” Kahan said. “This is an important study, but don’t go overboard and say it’s OK to gain weight. Try to be healthy and moderate your weight.”□

More Information—The U.S. National Heart, Lung, and Blood Institute can help you [calculate your BMI](#).

Excerpted from [Why Adding on a Few Pounds as You Age Might Be Good for You | Health News | US News](#)

Calculate Your BMI

Go to https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/mbicalc.htm to use the National Heart, Lung, and Blood Institute’s BMI Calculator.

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

- Enter your weight and height using standard or metric measures.
- Select “Compute BMI” and your BMI will appear below.

BMI Categories:

Underweight = <18.5
Normal weight = 18.5–24.9
Overweight = 25–29.9
Obesity = BMI of 30 or greater

The BMI Tables

Aim for a Healthy Weight:

[Limitations of the BMI](#)
[Assessing Your Risk](#)
[Controlling Your Weight](#)
[Recipes](#)

Download the BMI calculator app today (available for [iPhone](#) and [Android](#)).

Random Acts of Kindness Day—Wednesday, February 17, 2021

Random Acts of Kindness Week is February 14-20, 2021

#ExploreTheGood

#MakeKindnessTheNorm

#RandomActsofKindnessDay

Scientific evidence shows us the positive effects of doing kind acts for others as well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life.

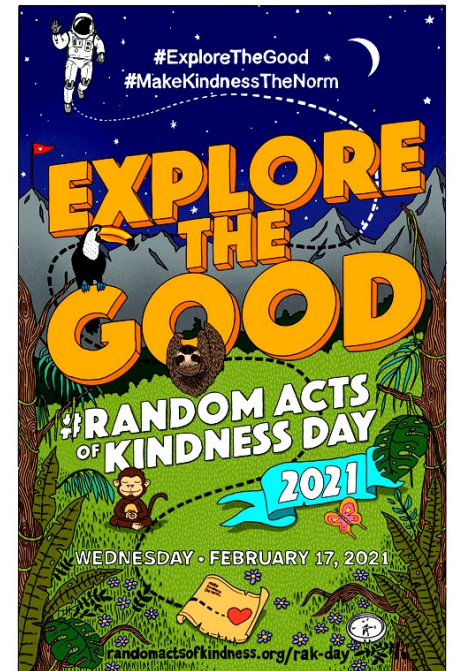
Here are some things you can do each day of Random Acts of Kindness Week:

- Text someone good morning or good night
- Find out something new about a coworker
- Leave quarters at the laundromat
- Write a positive comment on a website or blog
- Ask a senior about their past
- Praise a local business online

- Send an encouraging email to someone who is struggling
- Help out in the kitchen
- Wheel out your neighbor's trash bin
- Write a handwritten letter to someone who is socially isolated
- Start a piggy bank for a good cause
- Foster a pet up for adoption
- Cook a meal for someone who rarely eats home-cooked food
- Ship a care package to someone far away
- Thank someone every week
- Compliment a parent on how well-behaved their child is
- Make a handmade card to send to someone who is lonely
- Pick up trash around town or on the greenway
- Be a welcoming neighbor
- Donate used towels or blankets to a shelter
- Be polite on the road
- Bake someone a cake

- Leave a treat, bottled water, gift certificate, or note of thanks for your mail carrier ☐

Excerpted from [Random Acts of Kindness | Random Acts of Kindness Day 2021](#) and [Random Acts of Kindness | Kindness Ideas](#)



COVID-19 News—Lasting Immunity Found After Recovery From COVID-19

At a Glance

- The immune systems of more than 95% of people who recovered from COVID-19 had durable memories of the virus up to eight months after infection.
- The results provide hope that people receiving SARS-CoV-2 vaccines will develop similar lasting immune memories after vaccination.

After people recover from infection with a virus, the immune system retains a memory of it. Immune cells and proteins that circulate in the body can recognize and kill the pathogen if it's encountered again, protecting against disease and reducing illness severity.

This long-term immune protection involves several components. Antibodies—proteins that circulate in the blood—recognize foreign substances like viruses and neutralize them. Different types of T cells help recognize and kill pathogens. B cells make new antibodies when the body needs them.

All of these immune-system components have been found in people who recover from SARS-CoV-2, the virus that causes COVID-19. But the details of this immune response and how long it lasts after infection have been unclear. Scattered reports of reinfection with SARS-CoV-2 have raised concerns that the immune response to the virus might not be durable.

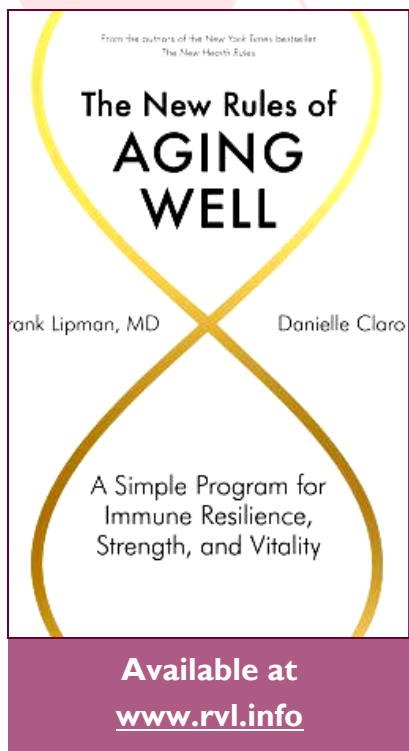
To better understand immune memory of SARS-CoV-2, researchers led by Drs. Daniela Weiskopf, Alessandro Sette, and Shane Crotty from

See **COVID-19 News** on page 4

Book Spotlight—*The New Rules of Aging Well*

A Simple Program for Immune Resilience, Strength, and Vitality

By Frank Lipman, MD & Danielle Claro



“Frank Lipman, MD, is a leader in wellness and integrative and functional medicine, and *The New Rules of Aging Well* contains everything he teaches his patients—and then some—about reversing the so-called “symptoms of aging.” Symptoms like feeling lousy and looking puffy are absolutely not a given of aging. They’re warning signs that you need to change your lifestyle. It’s your lifestyle choices, not your genes, that have a tremendous impact on how you age, and here you’ll learn how to make the best choices in order to look younger and feel better all around. Through clearly titled and easy-to-digest entries covering the new rules to know, you’ll learn that “The Most Effective Antiaging Mechanism Is Eating Less” and that “Night Eating Makes You Fat;” whether “16-Hour Fasting” is worth all the hype; that “Sugar Is the Worst Food You Can Put in Your Body,” to “Sleep More and Sleep Better” and to “Eat Mushrooms for Longevity;” about “Common Meds That Shouldn’t Be Common;” that “Bone Broth Heals Holes in the Gut;” and the mantra “Do No Harm.” And what happens when you follow the rules? An increased health span, where you’ll look great and feel energetic, happy, sexy, agile, and strong.” □

COVID-19 News—continued from page 3

the La Jolla Institute for Immunology analyzed immune cells and antibodies from almost 200 people who had been exposed to SARS-CoV-2 and recovered.

Time since infection ranged from six days after symptom onset to eight months later. More than 40 participants had been recovered for more than six months before the study began. About 50 people provided blood samples at more than one time after infection. . . .

The researchers found durable immune responses in the majority of people studied. Antibodies against the spike protein of SARS-CoV-2, which the virus uses to get inside cells, were found in 98% of participants one month after symptom on-

set. As seen in previous studies, the number of antibodies ranged widely between individuals. But promisingly, their levels remained fairly stable over time, declining only modestly at 6 to 8 months after infection.

Virus-specific B cells increased over time. People had more memory B cells six months after symptom onset than at one month afterwards. Although the number of these cells appeared to reach a plateau after a few months, levels didn’t decline over the period studied.

Levels of T cells for the virus also remained high after infection. Six months after symptom onset, 92% of participants had CD4+ T cells that recognized the virus. These cells help coordinate the immune response. About half the participants had CD8+ T cells, which kill cells that are infect-

ed by the virus.

As with antibodies, the numbers of different immune cell types varied substantially between individuals. Neither gender nor difference in disease severity could account for this variability. However, 95% of the people had at least 3 out of 5 immune-system components that could recognize SARS-CoV-2 up to 8 months after infection.

“Several months ago, our studies showed that natural infection induced a strong response, and this study now shows that the response lasts,” Weiskopf says. “We are hopeful that a similar pattern of responses lasting over time will also emerge for the vaccine-induced responses.”

Excerpted from [Lasting immunity found after recovery from COVID-19 | National Institutes of Health \(NIH\)](#)

A Little Bit Techie—*Why Do Batteries Leak?*

Volume 5, Issue 2

As you've no doubt noticed, alkalines are prone to leaking. Here's how to deal with that problem.



If you own a flashlight, a spare TV remote, or a talking teddy bear, you've almost certainly learned what happens when you leave alkaline batteries installed in a device for too long. It's not pretty.

But what causes batteries to leak that crusty, white mess?

To start, it helps to think of a battery as a tiny fuel tank built to house a chemical reaction. As the elements in that tank interact, generating power through use or self-discharge, the liquid electrolyte breaks down, releasing hydrogen gas. And gas—as we all know—creates pressure.

It's like water expanding," says Prashant Kumta, Ph.D., a chemical and materials engineering professor at the University of Pittsburgh. "It can rupture the seals and cause a leak."

THE GREAT ESCAPE Once the insulating seals at the ends of the battery have been breached (in some cases, the outer steel canister might rust and corrode as well), the hydrogen escapes without notice. But the liquid electrolyte—in this case, potassium hydroxide—exits with it. Beware: Potassium hydroxide can cause eye, skin, and respiratory irritation. If you come in contact with it, rinse well and consult with a doctor to see whether you need medical care.

In general, though, the potassium hydroxide reaches the open air and reacts with carbon dioxide to form potassium carbonate—that white powder that cakes on the battery's shell. "That's one of the most stable compounds in the world," says Venkat Viswanathan, Ph.D., an assistant professor of mechanical engineering at Carnegie Mellon University. "It's essentially like rock salt."

To be safe, you should still wear gloves when you handle the powder and refrain from breathing it in or eating it. As you've probably noticed, the potassium carbonate also has an adverse effect on the performance of your device.

SO WHAT DO YOU DO? To clean a gadget caked with the aftermath of a leaking battery, dip a cotton swab in an acid such as lemon juice or distilled white vinegar and dab it on the potassium carbonate—that neutralizes it. Go slowly. You don't want the acid to wreak havoc on the device's other components. The liquid will start to fizz as it interacts with the potassium carbonate. Once the white powder softens, you can gently rub it away with a cloth or toothbrush.

When you've finally restored your prized possession to working order, consider using lithium batteries in place of alkaline. They're more expensive but far less prone to leaking and less likely to self-discharge, too.

For more tips and information, check our [battery buying guide and Ratings](#). □

Excerpted from [Why Do Batteries Leak? - Consumer Reports](#)

Keep Moving—8 Best and Worst Exercises for Your Heart

Not all workouts are heart healthy. Here's which exercises one cardiologist says guarantee a lifetime of cardiovascular fitness.

By Arthur Agatston, MD

Some days it seems I answer more questions about sports injuries than I do about heart health. It's partly because my patients know I'm pretty active (golf, tennis, Pilates...), but also because many people don't realize that while some activities are good for your heart, they can be hard on your body. To me, the key is to find what works well for both.

Here's how I rank a variety of exercises in terms of their benefits to both your heart and overall health.

BEST

Interval training: This is unrivaled for preventing heart disease and diabetes, losing weight, and efficiently improving fitness. The strategy: Combine short bursts of high-intensity exercise with slightly longer periods of active recovery. So if you're a walker, you might alternate 3 minutes at normal speed with 1 minute at a brisk pace. Continuously raising and lowering your heart rate improves vascular function, burns calories, and makes the body more efficient at clearing fat and sugar from the blood.

Total-body, nonimpact sports: The more muscles involved in an activity, the harder your heart must work to fuel them all—thus, it grows stronger itself. Rowing, swimming, cross-country skiing, walking with poles...all recruit muscles throughout the body without beating it up. Add some intervals and you have the ideal workout.

Weight training: In a sense, this is just another form of interval training.

You increase your heart rate during reps and recover between sets. By efficiently handling the demands placed upon them, strong muscles ease the overall burden on the heart. Use free weights, which recruit more muscles, engage your core, and build balance.

Core workouts: The reason I like Pilates, which strengthens my core muscles and improves flexibility and balance, is that it doesn't just help me play golf and tennis better, it helps me live better. In order to exercise vigorously—as well as carry groceries upstairs and weed the garden—you need a solid foundation.

Yoga: The calm it provides lowers blood pressure, making blood vessels more elastic and promoting heart health. It also strengthens your core. Being active all day: People who are active in little ways the entire day (cleaning, gardening, running errands) burn more calories and are generally healthier than those who exercise for 30 to 60 minutes and then sit at a computer. Wear a pedometer to measure how active you are outside of your exercise time.

WORST

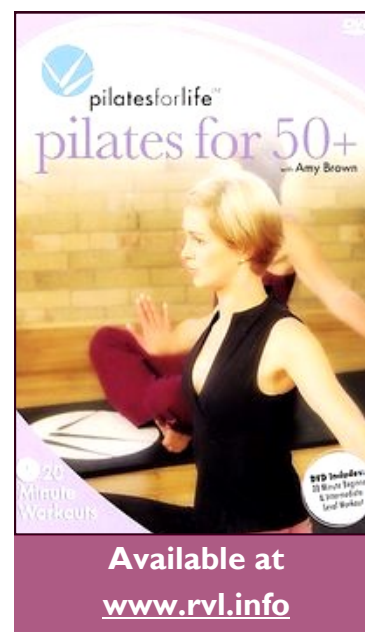
Running long-distance on pavement: I did a lot of this until various aches and pains, plus all the injured joggers I saw in my practice, made me realize that humans aren't designed for long-term pounding. Although running this way strengthens the heart, it wears out the body.

Any type of vigorous exercise you haven't trained for: This can range from shoveling snow to biking 20 miles on the first spring day. The excessive adrenaline that's released

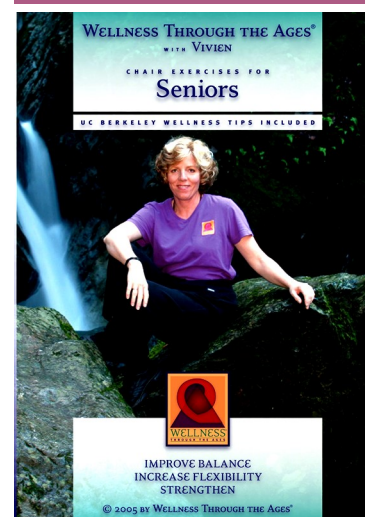
can prompt a heart attack in those at risk. For the same reason, never exercise hard without warming up.

Finally, don't let science (or even me) dictate your exercise. Research may show swimming is tops, but if (like me) you don't enjoy it, then don't torture yourself. Find something that you'll do consistently. Your mood will get a boost as well. □

Excerpted from [8 Best And Worst Exercises For Your Heart \(prevention.com\)](http://www.prevention.com)



Available at
www.rvl.info



Available at
www.rvl.info

If you believe you are capable of becoming the healthy, engaged person you want to be in old age, you are much more likely to experience that outcome, a recent Oregon State University study shows.

"How we think about who we're going to be in old age is very predictive of exactly how we will be," said Shelby Turner, a doctoral student in OSU's College of Public Health and Human Sciences and co-author on the study.

Previous studies on aging have found that how people thought about themselves at age 50 predicted a wide range of future health outcomes up to 40 years later—cardiovascular events, memory, balance, will to live, hospitalizations; even mortality.

"Previous research has shown that people who have positive views of aging at 50 live 7.5 years longer, on average, than people who don't," said Karen Hooker, co-author of the study and the Jo Anne Leonard Petersen Endowed Chair in Gerontology and Family Studies at OSU.

Because self-perceptions of aging are linked to so many major health outcomes, Hooker and Turner wanted to understand what influences those perceptions. Their study looked specifically at the influence of two factors: self-efficacy associated with possible selves, meaning a person's perceived ability to become the person they want to be in the future; and optimism as a general personality trait.

The researchers measured self-perception of aging by having respondents say how strongly they agreed or disagreed with statements such as, "Things keep getting worse as I get older," "I have as much pep

as I had last year," "As you get older, you are less useful." They measured optimism in a similar way, with respondents ranking their agreement with statements like "In uncertain times I usually expect the best."

To measure self-efficacy, the study used a dataset that compiled survey responses from older adults where they listed two "hoped-for" future selves and two "feared" future selves, and ranked how capable they felt of becoming the person they hoped to be and avoiding becoming the person they feared to be.

Among the "hoped for" selves were things like "A social person with a strong network of friends" and "A healthy, active person." Examples of "feared" selves were "Chronically sick and in pain," "Being dependent on others for my day-to-day needs" and "A cranky, angry old woman."

Results showed that, as predicted, higher optimism was associated with more positive self-perception of aging. Both "hope-for" self-efficacy and "feared" self-efficacy were also significantly associated with self-perception of aging, above and beyond optimism as a trait.

A major factor in how people see their own aging selves is internalizing ageist stereotypes, the researchers said. Examples of such stereotypes include assumptions that older adults are bad drivers, or suffer memory problems, or are unable to engage in physical activity anymore. . .

Those stereotypes get reinforced every time an older adult forgets something and jokes, "Another senior moment!" But the researchers say these thought patterns can do real harm.

"People need to realize that some of

"How we think about who we're going to be in old age is very predictive of exactly how we will be..."

the negative health consequences in later life might not be biologically driven. The mind and the body are all interwoven," Hooker said. "If you believe these bad things are going to happen, over time that can erode people's willingness or maybe even eventually their ability to engage in those health behaviors that are going to keep them as healthy as they can be."

A way to mitigate those negative stereotypes about aging is to promote intergenerational relationships, so younger people can see older adults enjoying happy, healthy lives.

"The more you're around older people, the more you realize that it's not all bad," Turner said. "Older people can do some things better than young people do. Increasing opportunities for intergenerational relationships is one way we can make people more optimistic about aging."

Excerpted from [Gale Health and Wellness - Document - 'Aging well' greatly affected by hopes and fears for later life, OSU study finds.](#)



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email: library@salemva.gov

Roanoke Valley
Libraries
Online Library Catalog
www.rvl.info

Roanoke Valley
Libraries
eBooks & eAudiobooks
rvl.overdrive.com

WE'RE ON THE WEB!

[HTTPS://
WWW.SALEMVA.GOV/
DEPARTMENTS/SALEM-
PUBLIC-LIBRARY](https://www.salemva.gov/departments/salem-public-library)

ABOUT THIS NEWSLETTER: This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Print copies will be available in our front lobby.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT-FREE PICKUP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items to your account before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM— Click on the icons near the bottom of our [website home page](#).

Happy Valentine's Day to Our Patrons!

HAPPY
VALENTINE'S
DAY

*Wishing you
a beautiful day
filled with
all the
love and happiness
you deserve.*